

The City of Kennesaw Parks & Recreation Department is forming a group to take the President's Active Lifestyle Award Challenge together. The President's Challenge is a program designed to help improve physical activity and fitness levels across America. The challenge is for anyone, from kids to seniors, but it's geared toward those who want to set themselves on the path to fitness success.

To take part, adults (18 years+) must be active 30 minutes a day, at least 5 days a week, for 6 out of 8 weeks. As an alternative, participants can count your daily activity steps using a pedometer (goal: 8,500). Children (ages 6-17) need to be active 60 minutes a day, at least 5 days a week, for 6 out of 8 weeks. As an alternative, they can count your daily activity steps using a pedometer (girls' goal: 11,000; boys' goal: 13,000).

Earning the Presidential Active Lifestyle Award takes nearly daily commitment to physical activity for 6 out of 8 weeks. Those who stick with the challenge can earn an award in less than two months. Participants are encouraged to complete the challenge by September 5, 2011 (Labor Day).

Registration is quick and participation is free. To get started, visit www.presidentschallenge.org and click on the link to register as an individual. You will be prompted to join a group. Enter Group ID Number "95996" and Group Member ID/Name "Kennesaw Parks & Recreation".

After you register, start logging your activities. As you log activities, you'll be able to track your progress toward winning a President's Challenge Award or Medal.

For more information about the President's Challenge visit www.kennesaw-ga.gov/pkrec or www.presidentschallenge.org.